

N. E Lancashire Ramblers – Coach Ramble to Morecambe Sunday 6th January 2019

HAPPY NEW YEAR EVERYONE – LOTS OF GOOD HEALTH AND HAPPINESS

After a rendezvous at Forton services on the M6 for a comfort stop we continue on towards Morecambe. It is important for safety reasons that independent walkers leave details of your names and routes, and a mobile telephone number if possible, with the courier on your coach.

We hope you are enjoying your coach rambles organised by members of North East Lancashire Ramblers. These days give you a friendly environment to enjoy our wonderful countryside without the hassle of navigating yourself. Or the chance to explore new – or well loved places – on your own. We have not always had the right to explore our countryside freely and on foot, it would not be possible without the work and achievements of the Ramblers Association since its foundation in 1935. Yet there is still work to be done. The Ramblers work with local and national governments and highway authorities to protect our rights of way and ensure a freedom we now take for granted. It is easy to join, ask for a membership form today or look on the Ramblers website. Your membership means the work, objectives and campaigns can continue for future generations.

B Walk **Leader Michael Bates** **10 miles** **Easy/Moderate**

Whilst this is a flat walk it has been selected as a B walk owing to the distance as the days are short at this time of year. There is, therefore, the need to maintain a reasonable speed. All surfaces are excellent. On leaving the coaches at Morecambe we head inland towards Lancaster on the Morecambe Bay walking/cycling route crossing the River Lune where we skirt the northern edge of the city centre. It is intended to break here on the river bank for our lunch. We then make our way along the river side eventually crossing the impressive Lune aqueduct having first climbed steps to join the Lancaster Canal. We then walk along the canal towpath in a north westerly direction until reaching Hest Bank where we make our way down to the sea front to join the Lancashire Coastal Way all the way back to Morecambe.

C Walk **Leader Paul Brown** **7 miles** **Moderate**

We leave the coaches in Carnforth, join the Lancaster Canal, and walk southwards to Bolton le Sands. After leaving the canal we cross the A6 road then join Mill Lane to take us over the West Coast Main Line railway then out to the shore of Morecambe Bay to join the Lancashire Coastal Way long distance route. This route is followed along the coast past Red Bank Farm, then on to Hest Bank where the railway is crossed twice using footbridges. We then continue towards Morecambe to join the Promenade for a pleasant walk into the town where the coaches are parked. Good views across the Bay towards Arnside and Grange over Sands, several things of interest to see including the Eric Morecambe statue and stage. Terrain varies – canal towpath, field paths, foreshore, some road walking, wet and slippery in a few places.

D Walk **Leader Frank Mason** **6 miles** **Easy**

We leave the coaches at Lancaster and walk along the river bank of the River Lune to the Lune Aqueduct. From here we go onto the canal towpath stay on this to Hest Bank. Here we leave it and head for Morecambe. A level walk with no stiles but a few steps. A bus is available from Hest Bank (after about 4 miles) to Morecambe.

Pick up time for return journey. **Returning Home: 5.00pm from the coach park.** Book today for our next two coach rambles **Otley on 3rd February and Frodsham on 3rd March.** After today telephone Kathleen Parker on 01254 396894 (6.00pm to 9.00pm) for the Blackburn coach, or Margaret Boothman on 01282 692901 (6.00pm to 9.00pm) for the Burnley coach.

Leaders for 2019 Offers please for leaders for A, B and D walks at Otley in February and A for Frodsham in March. Plus many more throughout the year.